

University of Groningen

Metacognition in psychotic disorders

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Document Version

Publisher's PDF, also known as Version of record

Publication date:

2018

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

de Jong, S. (2018). *Metacognition in psychotic disorders*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen.

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- 1.** Reflective questions asked by therapists may enable clients with a psychotic disorder to form a more nuanced appraisal of their work experience (this thesis).
- 2.** While it may be difficult to interpret what a disorganized patient is trying to say, there is more to disorganization than pure randomness: therapeutic efforts can be undertaken to understand what is trying to be said (this thesis).
- 3.** Diminished metacognitive capacity may pose an obstacle in the treatment of persons with a psychotic disorder. Ensuring interventions are better tailored towards the metacognitive functioning of patients may increase the chances of positive outcomes (this thesis).
- 4.** Long-term psychotherapies which are not aimed directly at symptoms, but rather serve to stimulate a higher-order process such as metacognition or mentalizing, warrant further research (this thesis).
- 5.** When using individual psychotherapy aimed at improving metacognitive capacity as conceptualized through the MAS-A, findings suggest a pattern in which the capacities to form representations of the self and one's own difficulties are more amenable to change than those of forming representations of others (this thesis).
- 6.** Classifying socio-cognitive abilities and measurement instruments along an axis of discrete - synthetic may offer important information and thus help to interpret discrepant findings surrounding, for instance, the link between emotion recognition and violence in psychosis (this thesis).
- 7.** Although specific terminology differs (mentalizing, metacognition, theory of mind), there may be sufficient reason to assume these terms all refer to the same processes.
- 8.** Self-report measures of empathy and (cognitive) insight may suffer from a paradox: answering questions about these processes may require the very process being measured.
- 9.** To study processes of understanding others does not necessarily improve one's ability to understand others.
- 10.** The relationship between veritas and vino appears to behave like a quadratic rather than a linear function.
- 11.** Among the major obstacles that some PhD students may face is the learning experience in which they eventually develop a sense that, when it comes to communication in all forms, be it via articles or email, there is merit to the notion of brevity.